10 self-care tips to help manage your stress levels

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Try

Get moving! Physical and mental health are connected — so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.

Setting aside time to have fun or indulge yourself — positive emotions can help build a buffer against stress.

Learning a new skill — whether painting, playing guitar, or a new language. New skills can boost confidence and give creative outlets to enjoy.
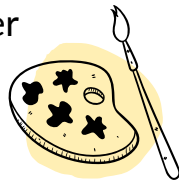
Sharing how you're feeling — it's OK to ask for help and support. Our **My Whole Self tools** will help you connect and have meaningful conversations.
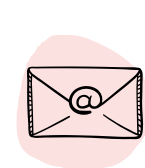
Switching off from distractions — make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

Avoid

Overdoing it on sugar, caffeine, or alcohol — they're a quick fix which can increase stress in the long term.

Overworking and checking your emails out of hours — we all need time to unwind.

Spending too much of your free time in front of a screen — phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection — it can create unrealistic expectations. Learning from mistakes is part of the journey.

Bottling up your feelings and assuming they will go away — this can make things worse in the long run.

Check out our resources at **mhfaengland.org**

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